

**Food Rescue
MAINE**

Maine Food – Too Good to Waste



**Grades
K-5**

Special Program Curriculum Maine Food- Too Good to Waste



Students will learn about what food waste is and why it is a problem.



Students will learn how to apply solutions to this problem: Take Less, Share More, and Recycle Always!

To learn more, visit: <https://umaine.edu/foodrescuemaine/>



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What is Food Waste?


Students will learn about food waste and why it is a problem, as well as the solution to this problem- Take Less, Share More, and Recycle Always! This is a global look at the background information.

Lesson 1:

Watch WWF Slideshow



Objectives:

 Provide examples of the costs of food waste, what percentage of food is wasted in the US, and why food waste ending up in landfills is a problem.

 Properly explain the call to action: "Take Less! Share More! Recycle Always!"



Activity:

*Write About Waste
Worksheet*



How Much Food do YOU Waste?

Students will perform a waste audit to measure the classroom's food waste. Pairing this lesson with an analysis of how much the school cafeteria wastes (using the tracking tool) may be a helpful tool.

Lesson 1: *Blue Tarp Waste Audit* Lesson Plan

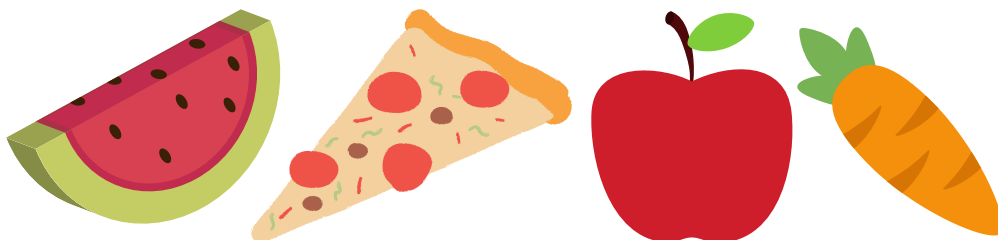
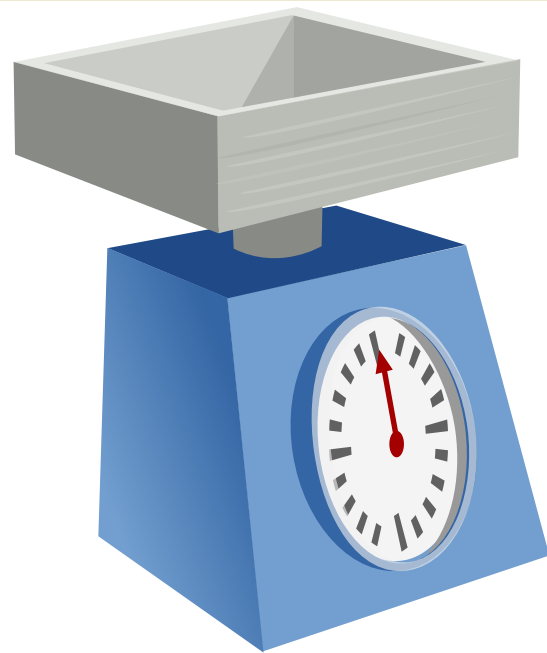
BLUE TARP WASTE AUDIT

MATERIALS NEEDED

1. Tarp - we recommend using at least 5' x 7'
2. Previous day's waste (keep all bags separate and labeled by class, time of day, etc)
3. Gloves (non-latex) and/or tongs for sorting through trash items
4. Pre-weighed bins/bags for compost, recycling, and actual trash (bonus: collect unopened/un eaten food separately from compost to highlight need for food rescue strategies in the classroom)

ACTIVITY SEQUENCE

To tackle our problem with waste in the classroom, we need to do a better job understanding where it all comes from. The next time you fill a trash bag, don't place it out for disposal just yet! Complete an "audit" of your school's waste.

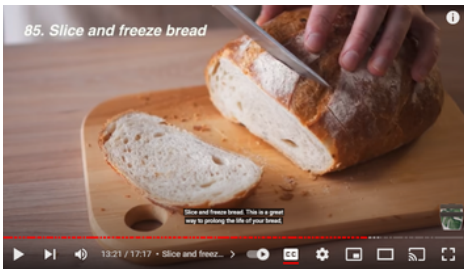


How Can YOU be a Part of the Solution?

Students should be given the tools to learn how they can combat food waste themselves- while following the "Take Less! Share More! Recycle Always!" sequence.

Take Less!

Watch 100 Ways to Reduce Food Waste



Share More!

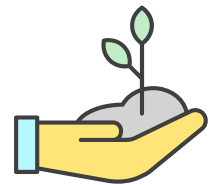
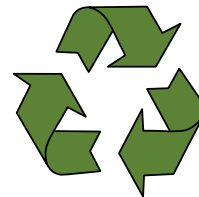
Food Share Tables Video



Recycle Always!

1. Complete *Food Recycling Vs. Compost* Lesson Plan
2. *Waste Race* Lesson Plan

Plan a Recipe Using Food Waste Worksheet



Competition and Next Steps

Have a poster competition to review everything that the students have learned. Develop next steps to combat food waste at school. As a class, make a pledge to put on display to remind them of their commitment.



Activity: Poster Competition



Ask students to design a poster that represents why they care about food waste.

In the poster, include a statistic from the Unit 1 WWF slideshow, and the phrase, "Take Less! Share More! Recycle Always!" The class will vote on the best three posters. Make an effort to display the winners.

Objectives:

-  To determine student's level of interest and understanding in program.
-  To create a measurable "next steps" pledge to continue to decrease food waste in the future.

